

I believe in... .. Staying positive

"The optimist sees the rose and not its thorns; the pessimist stares at the thorns, oblivious to the rose"- Kahlil Gibran.

This sentence is very true for me. The old me tended to look at the "darker sides" of many situations and thus, overlooked the joy and happiness they might bring. I worry over the disastrous situations that might happen. Hence, I suffered because of the burden they brought. After breaking out from my old cocoon, I believe and hold dear the importance of staying positive.

Learning something like swimming can be a really scary experience. Swimming is one of the hardest things I've ever had to learn. I was told to learn how to swim when I was ten but by that age, I had heard enough drowning or death incidents that happened, resulting in fear of water. Learning was even more impossible with that negative mindset of mine.

My first lesson was simple yet frightening to me at that time. I had to grip onto my instructor and swim from one end to another. Knowing I had an experienced swimmer to lean on, I clutched onto him tightly with all my might and kept my head above water at all times. I was so terrified to let go. "Will I drown and die? What am I going to do when I drown? What if I drown in the deepest part of the pool?" Questions were bubbling in my head as my body trembled, not because of the cold water but fear creeping through my body.

My instructor told me incessantly to try breathing underwater. When I did, I choked. The feeling was terrible. I wasn't breathing correctly. My nose was burning and I was close to tears. I detested swimming then. It was totally horrible. Why should I learn how to swim? I treasure my life!

As my lessons went by, I saw how others pick up swimming skills quickly when I was clinging onto the wall. They were swimming like free and graceful fishes while I swam like a seahorse near the wall. Embarrassment filled me when I saw a five-year-old child swim faster and much more confidently than me. Then, I questioned myself, "What's with all my worries about dying and drowning?"

The fog cleared at that point of time. I realised shamefully I totally had no need to worry. Those qualms have impeded me from learning something that could be useful and enjoyable. Why couldn't I do it when a five-year-old could do it so easily?

"You can complain because roses have thorns, or you can rejoice because thorns have roses."- Ziggy. If I had chosen to see the rose instead of the thorns in the first place, I could have learnt how to swim quite a long time ago. Or perhaps, I would have learnt much more. People do have options to pick from and it is ultimately up to us to make a right choice to change for the better.